

DO IT FOR A DAY

DAY 10 – FIX YOUR FOCUS

"You intended to harm me, but God intended it for good."

Genesis 50:20

In December 1944, American forces were surrounded by enemy troops in Bastogne, Belgium. The German general demanded immediate and unconditional surrender. The situation was grim, supplies were low and morale was declining.

General Anthony McAuliffe assembled the 101st Air Division and surveyed the situation: **"Boys, we are surrounded by the enemy.** You know what comes next, right? The white flag! But General McAuliffe was not made of that stuff. He changed the course of history by changing the script. Instead of unfurling the white flag, he changed the perspective with a little rephrasing: **"We have the best opportunity the military has ever had. We can attack in any direction."**

In psychology, "cognitive reappraisal" is a fancy phrase for telling yourself a different story about what's going on. It is changing the script by looking at circumstances from a vantage point. "

"When it comes to cognitive reappraisal, **José is a good example.** He was betrayed by his brothers, sold into slavery, and found guilty of a crime he did not commit. After thirteen years of pain and suffering, **Jose could have played the victim card. It is not like this?** Then when he was promoted, he could have played God. It was in Joseph's hands to even take the same revenge on his brothers. He didn't do any of that. Jose looked back at all the ups and downs and the comings and goings and said:

You thought to do me harm, but God turned that evil into good to... save the lives of many people.

According to Dr. Martin Seligman, past president of the American Psychological Association, all of us have a way of explaining: "The way of explaining is the way you habitually explain things that happen to yourself. **It is those explanations—not the experiences themselves—that make or break us.**

What was José's way of explaining? José confronted the cruel facts: **"You thought to hurt me." But he did not lose faith in the end of the story!** Joseph saw with the eyes of God. He changed the script by identifying the metanarrative: "but **God turned that evil into good to... save the lives of many people.**"

“Happiness is reality minus expectations”, right?

This is the bottom line: your feelings are not determined by circumstances. Your feelings are a function of your focus. Simply put: your focus determines your reality. How do you arrange your thoughts? Securing or fixing the focus! The idea is as old as these words written by the Apostle Paul from a prison cell around AD 62. C.

Focus on all that is true, all that is honorable, all that is just, all that is pure, all that is beautiful, and all that is admirable. (Phil 4:8 NLT)

“I once heard marriage guru Gary Smalley say that every marriage is about 80% good and 20% bad. In other words, we all have marital issues to settle. According to Smalley, the difference between happy and unhappy marriages is focus. Yes, you need to fix that 20% that is bad. But you need to direct your focus towards the good 80%. In the world of organizational leadership, it's called “appreciative inquiry”: identify what's working, and then do more of it.

If you're feeling frustrated with your partner, refocus on the things that made you fall in love in the first place. The same goes for the job you used to like. We do not see the world as it is. We see the world as we are! Much of what we see is a projection of our personality, our pain, our past, and our prejudices. That is the reason why people hurt others. Yes, seeing is believing. But believing is also our personality, our pain, our past and our prejudices. That is the reason why people hurt others. Yes, seeing is believing. But believing is also seeing. “What the eyes see,” said author Richard Restak, “is determined by what the brain has learned

.” Cooley called it “the mirror self,”¹³ and it is our sense of self, which we base on how we think we feel. the others come. That is why we need to **fix our eyes on Jesus, the author and finisher of our faith**. We take our cues from the Scriptures, and they become our script-healer. We then interrupt the pattern by locking or fixing our focus.”

“There is no room for pride when you follow Christ. That being said, false humility is just as dangerous. It is thinking of yourself less than what God says you are. *You are the apple of his eye. You are God's masterpiece. You are more than a winner!*

How big is your God? Is it bigger than your biggest problem? What is your biggest challenge? What your biggest mistake? **"A short view of God is the cause of hundreds of lesser evils," said AW Tozer. A high vision of God is the solution to "ten thousand temporal problems."** Show me the size of your dream, and I will show you the size of your God."

“HOW DO I MAKE IT A HABIT?”

Count your Blessings.

In a classic counterfactual study, psychologist Vicki Medvec revealed the relative importance of attitudes about and about circumstances. Medvec studied Olympic medalists and found that the bronze medalists were quantifiably happier than the silver medalists. It doesn't make sense, does it? The silver winners had surpassed the bronze ones! Where was the difference? Silver medalists tended to focus on how close they had come to winning the gold medal, so they weren't satisfied with silver. Bronze medalists tended to focus on how close they had come to not winning a medal, so they were happy to be on the podium.

You can choose your focus, and that choice will determine your reality. My advice? Choose joy. Yes, it is an option. Joy is not getting what you want. It is appreciating what you have. I eat? By taking inventory at the end of the day. Don't just count the sheep; count your blessings

If you are looking for something to complain about, you will always find it.

If you are looking for something to praise God for, you will always find it.”

Excerpt From

Do It For A Day: How to Make or Break Any Habit in 30 Days

Mark Batterson